

# Des Moines Normandy Park Activity Center



friendship \* fitness \* fun





www.desmoineswa.gov

www.ci.normandy-park.wa.us



Where are we going now? See pg 4-5



#### Staff

Patrice Thorell, Parks, Recreation & Senior Services Director Sue Padden, Senior Services Manager Charisse Gregory, Office Manager Abbie Nielsen, Recreation Coordinator Karna Coyle, CCS Nutrition Coordinator -M-W Aida Martinez, CCS Nutrition Latino Coordinator-Th Eduardo de La Cruz, Sea Mar Program

#### 2015 Des Moines City Council

Dave Kaplan, Mayor Matt Pina, Mayor Pro Tem

Melissa Musser Jeremy Nutting Victor Pennington Bob Sheckler

City Manager: Tony Piasecki

#### 2015 Normandy Park City Council

Susan West, Mayor

Doug Osterman, Mayor Pro Tem

Mike Bishoff Stacia Jenkins
Shawn McEvoy Tom Munslow
Kathleen Waters

City Manager: Mark Hoppen



#### 2015 Senior Advisory Committee L-R

Jeremy Nutting, Des Moines Council liaison Jeanne Serrill Dr Barbara Reid Sheila Dahlgren

Jill Martin John McEvoy

Dorothy Smith (insert)

Call Sue Padden, 206-878-1642, for information on the committee and when it meets.

#### Des Moines Activity Center

Business Hours: Monday-Friday 9am-4pm

Street: 2045 S 216th, Des Moines 206.878.1642

Mail Address: PO Box 98576 www.desmoineswa.gov/seniors

Des Moines, WA 98198

Meeting & Facility Rentals: Events & Facilities Coordinator: 206-870-9370

Holiday Closure Monday, May 25, 2015 Memorial Day,

Friday, July 3, 2015 Independence Day Observed

Monday, Sept 7, 2015 Labor Day

#### **Registration Policies:**

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

#### Refund Policy:

When DMPR/SS cancels a program a full refund or credit will be issued. Refunds, less a \$10 administrative fee, will be granted when requested a minimum of **5 business days prior** to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program.

No refunds will be issued for the following:

- Programs costing \$10 or less, Special Events,
- · Programs with admission fees purchased in advance.

Medical illness or other extenuating circumstances will be handled on a caseby-case basis. Documentation of the circumstance may be required.

#### What are YOU looking for?

Let us know what classes or programs you would like to see offered! Experienced instructors are also encouraged to contact us regarding offering classes. Contact staff: 206-878-1642.

#### Photo Reminder:

Photographs are frequently taken during our programs and events. These photos are for the City of Des Moines use in marketing and may be used in newsletters, brochures, flyers or online public relations!

Disclaimer: This newsletter is for informational purposes only.

The City of Des Moines does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

## Medical Lending Self Serve Closet Making a Difference

Check out our self-service Medical Lending Closet!

- Suggested donation requested.
- Equipment is available for short-term use.
- · Available on a first-come basis.
- Items are clean when checked out.
- Items must be returned clean.

Monday-Friday 9:00am - 3:30pm

Des Moines Activity Center is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnerships with Catholic Community Services, Sea Mar Community Health Services, Senior Services and through the generous contributions from our many participants. Thank you!



Enhance your life through dance! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control move-

ment. Funding support from Des Moines Legacy Foundation. \$5 Suggested Donation **Adults** Monday June 8-July 27 DMAC 2-3:30pm

#### 2015 Recreational Coed Senior Softball Players

Home Games 10am at Steven J Underwood Park

Tuesday, May 19 Thursday, May 28

Thursday, May 21 Tuesday, June 2

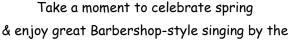
2nd Half dates available late June.

Sponsors going to bat for us—thank you!





#### You are invited to....



Mid-day Melody Men Friday, May 29, 2015

10:30am — following Enhance Fitness Des Moines Field House-gym

1000 South 220th Street

Open to all

Thanks to John Corr for this joyful gift!

### Sunday Dances

4th Sunday 1-3pm

\$5 Admission

June 28

July 26

August 23

September 27

October 25

Hot Beverages & Door Prize Donated by Stafford Healthcare



Live dance music with Randy Litch.



#### Keeping Active and Fit



#### Waterland 5K Fund Run & Walk Saturday, July 18 9am start Des Moines Beach Park

Registration: www.desmoineswa.gov \$20 Advanced registration \$25 Day of Registration

#### Walkers Unite!

We Are Challenging You To Form A Walking Team & Enter! Team Members must be Age 50 & better.

Prizes

The biggest walking team registered. First Male and First Female walkers to finish. Proceeds benefit

Des Moines Parks & Recreation Inclusive Recreation.

Energy Yoga helps release stress and re-direct energy to gain better health and sense of well being. Bring a mat.

Instructor: Rhonda Allison Normandy Park Comm Ctr Thursday, June 4-July 9 11am-12pm \$36

#### Enhance Fitness

Features fun, dynamic cardio vascular exercise, strength training and a focus on balance and stretching. Gym-type shoes required and water bottle suggested. Expect regular fitness checks. Co-sponsors: Group Health & Senior Services. Field House

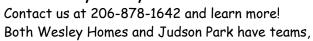
Instructor: Mary Brown, EF certified Summer Hours 8:45-9:45am Tues/Thur/Friday

June 2-30 \$39

July 2-31 \$39 (no class 7/3)

August 4-28 *\$36* 

#### CHAIR Volleyball Anyone?



Sue senses a CHALLENGE game coming!

#### Senior Drop-in Open Gym

Normandy Park Recreation Center 801 SW 174th Normandy Park, WA

Basketball	Thursdays	12-2pm	FREE
Pickleball	Mon/Wed/F	8-10am	FREE

The Buddy Holly Story Tacoma Musical Playhouse The Buddy Holly Story, featuring 20-hit songs, tells the true story of his rise to fame until his tragic death.

Saturday, June 6

*\$37* 

Chehalis Cheese Tour Chehalis

Cheese anyway you like it: Plain, Swiss, Spreads, from Cows and Goats at 2-farms specializing in cheese making. No host lunch at Market Street Bakery & Café in Chehalis.

Wednesday, June 10

8:30am-4pm

\$20

Grease 5th Avenue Theatre Seattle

Tease your hair, grab your leather jacket and join in to enjoy this timeless tale.

Thursday, July 9

6:45-10:30pm

*\$73* 

Rhodes River Ranch

Oso

Dine on home cooking and check out the training of their performance horses and tour the ranch.

Wednesday, July 9

\$10

Beer Lovers Tour Tacoma

All things beer at this south-end Beer/cider taproom. No host lunch at Hub Brew Pub.

Wednesday, July 15

10:15am-4pm

*\$15* 

Flying Heritage Collection Everett

Get up close to 1935-45 Flying Warbirds and check out the new "tank arena" featuring WWII tanks. No-host lunch.

Wednesday, July 22

9am-3pm

\$23

Meet the Fleet-Seafair Cruise Seattle Greet the fleet of the Canadian Navy and US Navy and Coast Guard fleets arriving for Seafair. Lunch included.

Wednesday, July 29

10:30am-3:30pm

\$70

Bellevue Zip Line Adventure

"Zip" past old maple and Douglas firs to glimpse views of Mt Baker and Glacier Peak! Individuals with heart conditions are not allowed. No-host lunch at Factoria Mall.

Wednesday, August 5

9am-3pm

\$84

### Trip Information & Policies

Trip Fee: Includes event admission, transportation and escort expenses unless otherwise noted.

Trip Registration: Registration is taken on a first paid basis.

Wait List: Cancelations are filled only from the waiting list!

The Trip Times reflect the actual departure time and the estimated return time.

 $width \sim$  We advise you check in 15-minutes prior to departure . The bus does not wait for late travelers.

We reserve the right to revise departure times and will notify you a minimum of 24 hours in advance—please make certain we have your correct phone number -one that receives messages.

#### Trip Cancelations, Refunds and Credits:

A full credit/refund will be issued if DMAC cancels a trip.

Requests for refunds or credit must be received 5 business days prior to the trip date.

Refunds are subject to a \$10 processing fee.

No refunds will be issued for trips costing \$10 or less, or for trips where the admission fee was purchased in advanced.

Please refrain from using fragrant personal-care products, those with sensitivities appreciate your consideration.

Special Requirements: Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are not available to push wheelchairs.

Parking: DMAC is not responsible for cars left in our parking lot.

Tree House Point

Fall City

Pete Nelson's tour of 8 bed & breakfast tree houses. Must be able to walk on uneven forest ground, climb stairs and ladders. No-host lunch in Fall City.

Wednesday, August 12

10:30am-4pm

\$31

#### Music Man, Snoqualmie Falls Forest Theatre

Performed under a canopy of trees with views of the Falls & BBQ meal: steak, salmon, chicken or vegetarian lasagna.

Saturday, August 15

12:45-7pm

\$45

Browsing through La Conner

La Conner

Explore the quaint river front town shops, historic buildings, outdoor sculptures and the new boardwalk along the Swinomish. No host lunch at an eatery of your choice.

Wednesday, August 19

8:30am-5:30pm

\$15

Diablo Dam Tour-Seattle City Light Newhalem The 3.5 hour tour of glacier fed Diablo Lake covers natural history, biodiversity and geology. Lunch at the North Cascades Environmental Learning Center. Closed-toe shoes!

Thursday, August 27

7am-7pm

\$50

Heronswood

Kingston

The Botanical Garden, managed by Port Gamble Klallam Foundation, showcases an exciting inventory of plants collected from explorations world-wide. No-host lunch.

Wednesday, September 2

9am-3pm

\$10

Pigs Peace Sanctuary/Take-2

Stanwood

A return to the sanctuary for abused and abandoned pigs. No-host lunch in Stanwood.

Wednesday, September 9

10:15am-5pm

\$15

Whole Foods Market Tour

Chambers Bay

Learn about healthy eating & stretching grocery dollars.

Wednesday, September 16

9:30am-2pm

\$9

#### Mariners Vs Colorado Rockies w/WSASC

Join seniors from around Washington to cheer on the team from great Terrace Club seats. Deadline: August 20. \$55 Sunday, September 13

11am-4pm

#### Golf Outings

Enjoy playing 9 holes at Puget Sound courses. Players draw numbers to determine playing partners and tee position.

Transportation Fee: \$9-11 \*
Departures: 8 or 8:30am
Return time varies

Date (Mondays)	Course / City	Green Fee	
June 1	Cascade, North Bend	\$16	
June 15	Bellevue	\$28	
June 29*	Jade Green, Auburn	\$15	
July 13*	Lipoma, Puyallup	\$17	
July 27	Horseshoe Lake, Port Orchard	\$25	
Aug 10	Mystery Trip	\$27	
Aug 24*	Meadow Park, Lakewood	\$18	
Sept 14	Cedar Crest, Marysville	\$17	

\*Meet At The Course Option: Participants must be enrolled by the Thursday prior and \$5 program fee applies..

#### Horticulture

Explore gardens and nurseries. No host lunch & garden admission fees when applicable. \$9 Transportation



Departure: 9:00am unless noted Return time varies

Date	Destination	
Fri, June 12	Iris Gardens/Olympia 9:30am	
Fri June 26	Chinese Reconciliation Garden & Point Defiance Park, Tacoma	
Fri July 17	Cedar River Watershed Tour	
Fri July 31	Gig Harbor Tour	
Fri Aug 14	Schmidt House & Rose Garden, Tumwater	
Fri Aug 21	Marenakos Rock Center, Issaquah	
Wed Sept 2	Heronswood Tour, Kingston \$10	

#### Need funding assistance to attend programs?

Des Moines Legacy Foundation Scholarships provide funding assistance for eligible Des Moines and Normandy Park Senior Adult residents to attend *many* of our programs and services.

Call 206-878-1642 to learn more.



Volunteer Drivers, Bonnie Reister (left) and Dick Body (right) enjoy the view during an Out To Lunch outing!

Out To Lunch-Fridays Transportation Fee: \$9

Enjoy no-host dining at northwest restaurants.

Departures: 10:30-11:00am Return: 2:00pm

June 5	Two Town Pub and Café, Tacoma waterfront	
July 10	Aviateur French Diner, Tacoma	
Aug 7	Ray's Boat House Café, Ballard	
Sept 4	Coho Café, Issaquah	

**Dinner with Friends-Tuesdays** Transportation Fee: \$9 Enjoy no-host dining at northwest restaurants.

\*Reservations at 5pm, departure times will vary.

June 9	Bahama Breeze, Tukwila	
July 7	The Greek House, Burien	
August 11	Via Marina, Des Moines	
Sept 8	t 8 Cheesecake Factory, Tukwila	

#### RETIREMENT COMMUNITIES | HOME HEALTH SERVICES



I'm having so much fun being next to my friends!



### Watch the full story at HappyRetiredTeacher.com

Maintenance-free retirement living with a variety of home styles and care services to meet your needs as you get older.

816 S. 216th St. + Des Moines, WA 98198 206.824.5000 + www.weslevhomes.org





#### Music, Memory and Dementia

Learn key behaviors that might ease the challenge of daily communications with a loved one with dementia. Be inspired by seeing a DVD depicting the impact of music for individuals with dementia. Facilitated by staff.

FREE

Wednesday, June 3 Discussion: 11am -12pm DMAC DVD Showing: Wednesday, June 3 1-3pm DMAC

Fireside Chat FREE

Join Senior Services Manager Sue Padden and Des Moines/ Normandy Park Senior Services Advisory Committee for their 2014 PowerPoint report on Senior Services programs, projects and funding.

Tuesday, June 9 11:30am DMAC Fit to a T FREE

Bone health and osteoporosis education for men and women. Do you know your T-score? Your Blood pressure, cholesterol level and weight? It's all about your bones, so if you want to shop 'til you drop and golf 'till you are 84, here's what you need to know!

Presented by Rey Allan Bonus, BSN, RN, ONC.

Tuesday, June 16 11am DMAC

#### AARP Smart Drivers

Smart Driver focuses on making drivers aware of how to be safer on today's streets and highways by being aware of good habits and the little bad habits that manage to creep into driving habits. Remember: State law requires you receive a discount on auto insurance when you submit your certification.

Age 50+ \$15 AARP member/\$20 AARP non-member Tu/Wed, August 18 & 19 10am-2:30pm DMAC Tu/Wed, September 15 & 16 10am-2:30pm DMAC

#### King County Library System's Computer Classes

Register now, space is limited!

Adults 50+ FRFF

#### Intro Microsoft Word 2007

Learn basic skills for entering, correcting and revising text on a computer.

Wednesday, June 10 10:30-11:45am DMAC parking lot

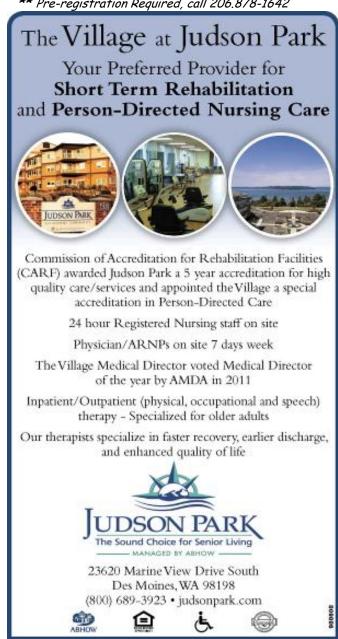
#### Facebook Basics

Discover how to use this social networking website, set up an account and start socializing. Must have a basic understanding of the Internet and an email account!

Wednesday, June 10 12:30-1:45pm DMAC parking lot Let us know what type of computer classes you are looking for, call 206-878-1642 or email seniors@desmoineswa.gov.

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	Monday	Wii Activities	10am—1:30 pm
	Monday	Hand & Foot Cards	1-4 pm
	Tuesday	Wii Activities	10am—1:30 pm
	Tuesday	Mexican Train Dominos	1-4 pm
	Wednesday	Artists "R" Us	9—11:30 am
	Wednesday-2 <sup>nd</sup>	Veteran's Coffee Hour	10:30-11:30am
	Wednesday	Wii Activities	10am—1:30 pm
	Wednesday	American Mah Jongg	12:30-3 pm
	Fridays	Pinochle	1-4 pm
	Fridays	Duplicate Bridge**	10am-2:30 pm
	Fridays	Hand & Foot Cards	1—4 pm
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\*\* Pre-registration Required, call 206.878-1642





Our Wish List!
Coffee-drip grind
Reg & Decaf

Vintage Buttons

Drink Mixes

Lemonade

Ice Tea

Plastic silverware

**Pretzels** 

Thank You

## We Get By With A Little Help From Our Friends... And We Thank You All!

Keeping us well stocked:

Office Supplies:

Cathy Colby, Jane Gushiken

<u>Snack Counter:</u> Bridge Players, Cathy Colby, Jean Fitchett, Eloise Lauritsen, Kaylene Moon, Joy Kamstra

**Celebrate!** The kitchen now has a brand-new 2015 Vulcan Commercial Range to replace the 1964 edition, thanks to the Des Moines Legacy Foundation for making this possible!

# Free Tickets for Seattle Aquarium & Zoo Limited # Available for

Des Moines & Normandy Park seniors Call 206-878-1642 for details.





Rumor has it ice cream will be served at Prelude to the 4th!

#### Father's Day

Monday, June 22

Varoom....share your love of things which run on motors and/or wind; cars, boats, motorcycles—and bring models or snapshots of your first or favorite vehicle!

#### Prelude to the 4th

Wednesday, July 1

Tap your toes to *SilverSounds Northwest*, accompanied by a picnic style lunch and a chilly dessert.

Hosted by State Farm Insurance, Char Schulz.

#### LAW OFFICES OF

#### REGEIMBAL, MCDONALD & YOUNG, PLLC

612 S. 227th Street Des Moines, WA 98198

Phone: 206-212-0220 Fax: 206-408-2022

Website: desmoineselderlaw.com







DES MOINES
ACTIVITY CENTER
2045 S. 216th
PO BOX 98576
DES MOINES, WA 98198

# 2015 Raffle

#### DRAWING

Wednesday, August 19
12:30pm
Des Moines Activity
Center

Need not be present to win!



Get Your Raffle Ticket @
Des Moines Normandy Park Activity Center / 206-878-1642

# FREE SUMMER CONCERT SERIES

7PM TO 8:30PM, WEDNESDAYS, AT THE BEACH PARK MEADOW



7/01: **TOEY TEWEL** 

**7/08:** Uncle Ernie

7/15: WINGS N THINGS

7/22. TIRATIRA



7/29: PICOSO 8/05: ISLAND JAZZ QUINTET 8/12: AYRON JONES & THE WAY

MORE DETAILS AT THE DMAC WEISITE WWW.DESMOINESARTSCOMMISSION.COM OR CALL 206.870-6527







